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## College mental health access

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# College Mental Health Access



Christian Murray, FHNS, and Tyler Regier, FHNS  
Fort Hays State University

## Abstract

**Objective:** Analyse the effects of having accessible mental health care access for undergraduate students

**Design:** Nonexperimental, Comparative

**Setting:** Fort Hays Health Science College

**Participants:** Fort Hays undergraduate health sciences students

**Conclusion:** Depending results and data collection





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## Introduction

Mental health is an important part of life, and it is particularly vulnerable during the undergraduate college years. It is also known that up to 75% of lifelong mental ill health will manifest itself by the time a young person reaches 20 years old (Thomas et al., 2016). This emphasizes the importance of seeking help during that specific time frame to prevent it from developing into a bigger issue. The willingness to seek help for mental health is subjective from student to student with a variety of factors that can either positively or negatively affect the student. Research explains that the most reported reason students do not seek mental health services is the perception of problems being minor or transient (Vidourek et al., 2014). This study aims to evaluate the effects of both seeking help for mental illness.

## Purpose

The purpose of this study is to analyse the impact of having mental health services accessible for undergraduate students.

## Key Terms

**Mental health:** A person's condition with regard to their psychological and emotional well-being.

**Mental health services:** The treatment and management of mental health, mental disorders, or behavioural disorders including any interventions, assessment, diagnosis, treatment, or counselling. (APA)

## Framework

The unified theory of behaviour for is a framework for understanding mental health service use (Ben-David et al., 2022). It focuses on the origin of the mental health condition as well as the decision to seek help



<https://www.researchgate.net/publication/358111111/unified-theory-of-behavior-for-mental-health-service-use>

## Methodology

### Research Design

Nonexperimental, Comparative

### Interventions

IV: Access to mental health services

DV: Student mental health

### Proposed Research Question

Does having accessible mental health services for undergraduate health sciences students improve their mental wellbeing?

### Literature Sources

A study done about the benefits of seeking mental health help showed that there is improved mental health, reduced stress, and one's problems were solved. The study also showed a direct parallel relationship between barriers to seeking mental health and reluctance to seek help (Vidourek et al.)

### Sample

Fort Hays undergraduate health sciences students

### Ethical Considerations

Seeking full review from Fort Hays State University Department of Nursing, and FHSU IRB

### Data Collection

Over the course of four years this study will compare the quality of mental health between students with access to mental health services and those who do not. The results will be obtained by reviewing a self-evaluation questionnaire given to graduating seniors and using those metrics a comprehensive data chart concluding the study.



<https://www.amenclinics.com/blog/14-new-reasons-why-people-are-seeking-mental-health-help-now/>

## Results/Findings

### Projected Data Analysis Method

This study will use an independent t-test technique to analyze the effects of having access to mental healthcare and overall mental health in college students seeking a bachelor's degree



<https://www.istockphoto.com/vector/metaphor-bipolar-disorder-mind-mental-double-face-split-personality-concept-mood-gm1294477039-388461111>

### Literature Findings

Findings support that seeking mental health support has positive effects on the mental health of the patient. According to Vidourek, the top three reported benefits of seeking mental health assistance were improved mental health, reduced stress, and resolving one's problems. Other reported benefits include increased energy, improved sleep, and improved social support (Vidourek et al., 2014). Another study concluded the impact of untreated severe mental health problems can have negative effects that persist into later life due to chronic or worsening illness as well as the developmental compromise associated with diminished engagement in many of the social, emotional, and cognitive opportunities of this critical developmental period (Czyz et al., 2013).



<https://www.insynchcs.com/blog/the-importance-of-world-mental-health-day>

## Discussion

### Implications For Nursing

If the pending results show that bachelor students who have access to mental health service have a positive effects on their mental and emotional state, information and training for nurse to aid with mental health should be provided. By having more training and education nurses can provide improved holist care for this population demographic.

### Conclusion

Pending results and data collection. Studies show that there are benefits of providing access to mental health services there. For future research on the benefits of college mental health access, it is recommended to have a larger population including other colleges in Kansas.

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